



# GAMES ARE THE SOURCE OF PHYSICAL AND SPIRITUAL VITALITY

**EVENT:** EVENINGS OF TRADITIONAL GAMES IN DUSMENYS AND TILTAI

**DATE:**

**LOCATION:**

Today, forms of leisure are very different from those in the times when, instead of spending free minutes at computer or TV screens, families had fun playing various games. Games have played a significant cultural role at all times. Traditional Lithuanian folk games were an important element of rural culture as well as the basis of the physical culture of its inhabitants

even until the end of World War I. Games were also a great way to regain strength after a hard day at work.

Reviving customs and traditions is easy, sometimes joining beautiful initiatives or visiting ongoing events is enough. The villages of Tiltai and Dusmenys, located far from the center of Trakai district, have old traditions – every year, during the calendar holidays, residents and guests of the villages are greeted by an abundance of traditional winter, spring and autumn evening get-togethers.

Both locals and incoming guests are invited and welcomed at the Dusmenys House of Culture and Trakai District's Tiltai village community Pal-

ace of Culture. Celebrations such as Mardi Gras, Easter, Pentecost, St. George's Day, Shepherding and Advent are commemorated there i.e. long-standing traditions, fun games, musical circles that get you off your chair and stories of the people.

The main purpose of these meetings is to strengthen community spirit, promote recognition and preservation of traditions as well as develop a positive and creative relationship with ethnic culture while improving the artistic abilities of those gathered. Through the understanding and active initiative of all the members of these communities, the villages become more famous, and comprehensive activities



gather everyone to an event full of warm community spirit, which connects different generations.

